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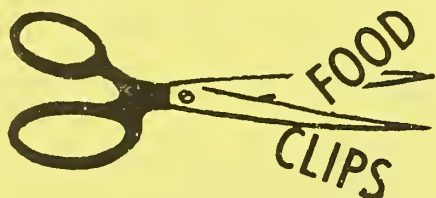
Food and Home Notes

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Unless a recipe specifies differently, baking ingredients should be at room temperature. Why? Because they work better in the mixture at room temperature than when they are too warm or too cold, according to U.S. Department of Agriculture home economists.

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Because dark or dull pans absorb heat, foods bake faster and crusts bake browner in such pans than in shiny pans that reflect heat.

* * *

A properly adjusted oven is a "must" for successful baking. Check the temperature in your oven from time to time with an accurate oven thermometer -- (available in most department stores).

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Should fruit pies be refrigerated? Yes? They can be reheated in a moderate oven to freshen them.

* * *

Canned freestone peaches do not hold their shapes as well as clingstones -- but they have more pronounced flavor.

PUBLICATIONS

— MARKET NEWS...AND WHAT IT IS.

Basic market information on the supply, demand prices, and movement of commodities -- grain, fruits, vegetables, eggs, etc. -- was first provided by the U.S. Department of Agriculture as a market news service, back in 1915.

The actual news reaches the public through commercial wire services, radio and television stations, and newspapers. Though it's filled with "inside" terms readily understood by farmers and commodity marketers, market news can provide valuable information for consumers.

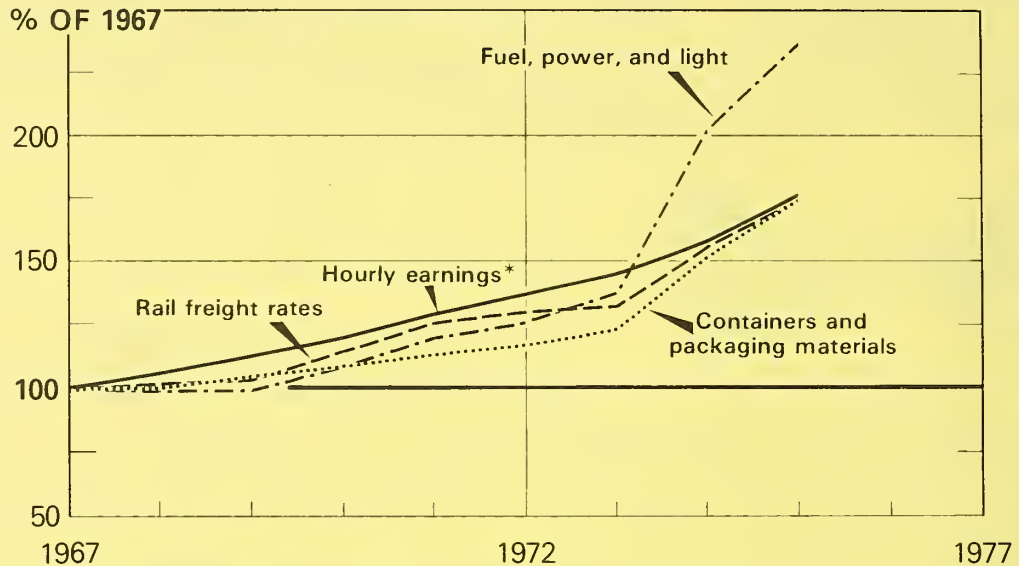
A new brochure on the "Federal-State Market News Service" explains how and why market news is collected and distributed. It also contains a glossary of those "inside" terms that will enable you to understand the marketing system.

Free copies of this new USDA publication may be obtained by requesting Marketing Bulletin No. 40, "Federal-State Market News Service" from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.

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AGRICULTURAL CHARTS

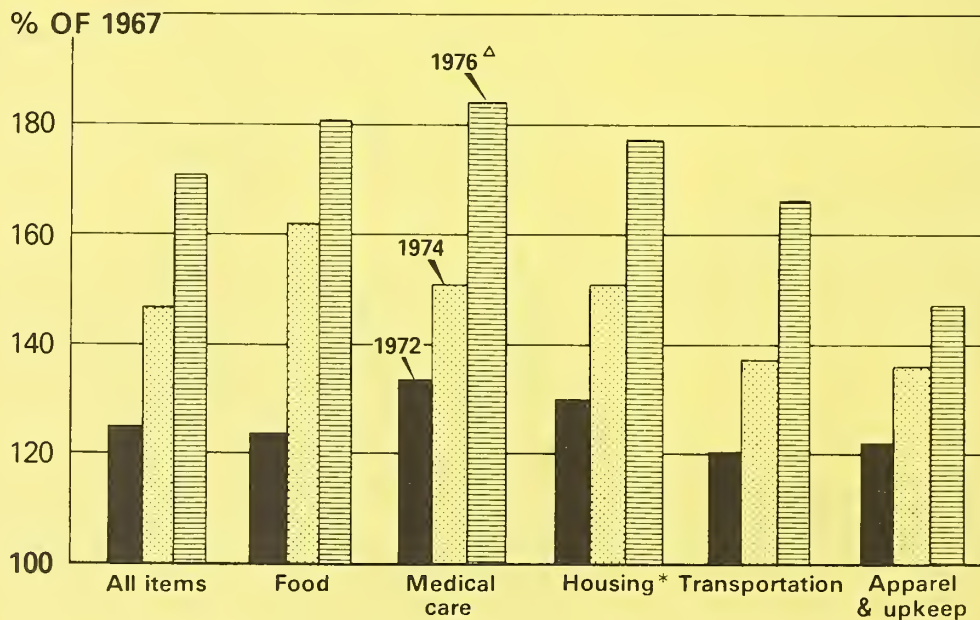
PRICES OF INPUTS USED BY
FOOD MARKETING FIRMS

* PRODUCTION WORKERS IN FOOD PROCESSING AND NONSUPERVISORY WORKERS IN FOOD WHOLESALE AND RETAILING

USDA

NEG ERS 8456 - 76 (9)

CONSUMER PRICE INDEX



* INCLUDES SHELTER, FUEL, UTILITIES, HOUSEHOLD FURNISHINGS, AND OPERATION Δ JUNE 1976

USDA

NEG ARS 6057 - 76 (9)

USDA SURVEY

...ON CONSUMER BUYING HABITS

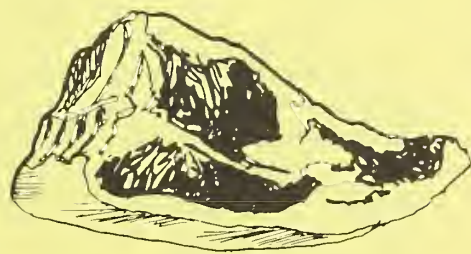
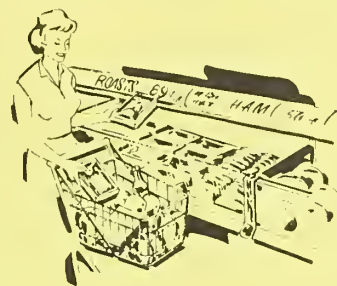
More than 1,400 personal, in depth home interviews on buying practices were conducted throughout the United States within the past twelve months by USDA's Economic Research Service.

Around 60% of the consumers surveyed said they usually shop in one store...30% used two stores and slightly less than 10% used three stores. Fifty-six percent of those surveyed did their main food shopping once a week and about 20% shopped every other week.

On labeling, 66% of the respondents said they always, or almost always, check food labels for ingredients before purchasing a product for the first time. Nutritional information is, or might be, extremely, or very useful...59% said they always, or almost always, read nutrition information on packages before purchasing a product the first time.

Compared to shopper's habits in 1976, 15% more shopped to find the best food prices in the winter of '77...52% made no changes....29% said they never shop in more than one store to find better food prices...31% always, or almost always, shopped more than one store for the best food prices, 23% sometimes did this and 41% seldom, or ever do.

In general, more consumers are using available information and are more interested in checking ads, using coupons, and in buying food in volume if it offers a lower price, the food survey showed.



HOUSEPLANTS

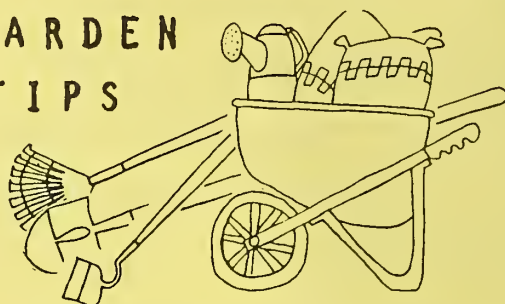
— AND YOUR VACATION

Unfortunately, many houseplants die when the family is away on vacation. Often friends cannot come over and take care of the plants...so, why not plan ahead to make them self-sufficient? It can be done, according to horticulturists at the U.S. Department of Agriculture.

First, plan early. Decrease the frequency with which you water your plants -- actually start about three weeks ahead of vacation time. Allow the plants to reach the wilting point several times before you water them so that their basic need for water can be gradually reduced. Plants will adjust to lower moisture levels without suffering permanent harm -- in most cases.

Another way to take care of them is to water the plants thoroughly and seal them in clear plastic bags, and place them in a cool location out of direct sunlight. If your plants are in porous containers, stand them on clay bricks placed in watertight container. Bring the water level up to the top of the bricks. Reduce the light intensity to decrease evaporation. Plants in porous containers can even be taken outdoors and buried up to the rim in soil or saturated peat moss. A shady location is best.

Don't stretch your luck however -- plants usually can get along satisfactorily for about two weeks -- any longer is very "if"! And -- flowering plants are the most difficult of all... they often do not last.

GARDEN
TIPS

Aphids -- sometimes called "plant lice" -- are small, soft-bodied insects that suck juice from plants. Sometimes natural controls hold down the Aphid population -- other insects often kill them.

* * *

Protect your trees from drought by starting summer mulching early. To hold moisture and insulate roots from overheating, use a light, airy mulch like peatmoss that won't rob trees of water.

* * *

Remember how important water is to growing things! In a tree's first two growing sessions it is important to soak trees thoroughly once a week -- if no rain comes.

* * *

Did you know that water -- an excess of water -- kills more trees than drought? An excess of water can also kill your plants -- pay attention to the amount of water you supply.

* * *

It is important to pinch off faded magnolia flowers to stimulate new growth and thicken the crown.

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